What is claimed is:

1. A surgical instrument assembly for distracting a spinal disc space, comprising:

a first distractor including:

a first shaft extending between a proximal end and a distal end;

a first distractor tip extending from the distal end of said first shaft, said first distractor tip including opposite first and second surfaces defining a first distraction height;

a projection extending from a medial side of said first shaft;

a second distractor including:

a second shaft extending between a proximal end and a distal end;

a second distractor tip extending from the distal end of said second shaft, said second distractor tip including opposite first and second surfaces defining a second distraction height substantially equal to said first distraction height;

a notch formed in a medial side of said second shaft;

a guide sleeve defining a working channel extending between a proximal end and a distal end, wherein said first and second distractors are received in said working channel of said guide sleeve with said projection positioned in said notch; and

a distractor driver cap coupled to the proximal end of said first and second distractors and said guide sleeve, said distractor driver cap having a side opening wherein said distractor driver cap is side-loaded onto said first and second distractors and said guide sleeve.

2. The assembly of claim 1, wherein said second distractor includes a recessed area extending along a medial side thereof.

3. The assembly of claim 2, wherein said recessed area is a concave surface.

4. The assembly of claim 2, wherein said recessed area is configured to permit rotation of a surgical instrument positioned adjacent thereto.

5. The assembly of claim 1, wherein said first distractor tip is integrally formed with said first shaft and said second distractor tip is integrally formed with said second shaft.

6. The assembly of claim 1, wherein in said projection is cylindrically shaped.

7. The assembly of claim 1, wherein:

said first distractor includes a convex surface along said medial side thereof; and

said second distractor includes a convex surface along said medial side thereof.

8. The assembly of claim 1, wherein a distal end of said guide sleeve includes a pair of opposite flanges extending distally therefrom.

9. The assembly of claim 1, wherein said working channel includes a first working channel portion for receiving said first distractor and a second working channel portion for receiving said second distractor.

10. The assembly of claim 9, wherein said first working channel portion and said second working channel portion form a figure eight shape.

11. The assembly of claim 1, wherein said guide sleeve includes a sleeve cap at said proximal end of said guide sleeve, said sleeve cap including a proximal end ring engageable to said distractor driver cap.

12. The assembly of claim 11, wherein said first distractor includes a first flange on its proximal end defining a lip therearound and said second distractor includes a second flange on its proximal end defining a lip therearound, said driver cap including a distractor slot slidably receiving said first and second flanges therein.

13, The assembly of claim 12, wherein said distractor driver cap includes a guide sleeve slot slidably receiving said proximal end ring.

14. The assembly of claim 1, wherein said first distractor includes a first flange on its proximal end defining a lip therearound and said second distractor includes a second flange on its proximal end defining a lip therearound, said driver cap including a distractor slot slidably receiving said first and second flanges therein.

15. The assembly of claim 14, wherein said first flange includes a proximal face having a hole therein and said second flange includes a proximal face having a hole therein, said distractor driver cap including a spring-biased plunger positionable in a corresponding one of said holes when said distractor driver cap is properly positioned thereon.

16. A method for preparing a spinal disc space between a pair of vertebral endplates for insertion of an implant therebetween, comprising:

inserting a guide sleeve to the disc space from an anterior approach, the guide sleeve having a working channel providing access to a first disc space location and a second disc space location;

distracting the disc space to a desired disc space height;

preparing the first disc space location through the working channel for insertion of a first implant therein;

inserting a reamer plug through the working channel into the first disc space location;

preparing the second disc space location through the working channel for insertion of a second implant therein after inserting the reamer plug;

inserting the second implant through the working channel into the second disc space location, the second implant being tapered to establish a desired lordotic angle between the vertebral endplates;

removing the plug from the first disc space location after inserting the second implant; and

inserting the first implant through the working channel into the first disc space location, the first implant being tapered to establish a desired lordotic angle between the vertebral endplates.

17. The method of claim 16, wherein distracting the disc space includes:

providing a first distractor having a first distractor tip;

providing a second distractor having a second distractor tip and a recessed area extending along its length;

positioning the second distractor adjacent the first distractor with the first distractor at least partially received in the recessed area of the second distractor; and

inserting the distractor tips through the working channel into the disc space.

18. The method of claim 17, further comprising coupling the first and second distractors to the guide sleeve before distracting the disc space.

19. The method of claim 18, wherein distracting the disc space includes applying a driving force to the first and second distractors and the guide sleeve to insert the first and second distractor tips into the disc space.

20. The method of claim 19, further comprising applying a driving force only to the guide sleeve to advance the guide sleeve towards the disc space after the distractor tips are inserted in the disc space.

21. The method of claim 17, further comprising removing the first distractor from the working channel to form a substantially cylindrical working channel portion along the second distractor.

22. The method of claim 21, wherein preparing the first disc space location includes reaming the disc space through the working channel portion.

23. The method of claim 16, further comprising securing the reamer plug to the guide sleeve.

24. A device for inserting a spinal implant into a spinal disc space, comprising:

an implant holder engageable to the implant, the implant holder being biased to a disengaged position and including:

a shaft having a threaded portion and a tapered portion increasing in size towards a distal end of said shaft;

an implant engaging portion at a distal end of said shaft;

a driver sleeve having a hollow interior, said driver sleeve being threadingly engaged to said shaft with a plastic bushing on a distal end of said driver sleeve in contact with said tapered portion, said implant engaging portion extending distally from said distal end of said driver sleeve, wherein said implant holder and said driver sleeve are rotatable relative to one another to move said implant holder from said disengaged position to engage the implants.

25. The device of claim 24, wherein said implant holder includes a slit extending proximally from said distal end along a center axis of said shaft.

26. The device of claim 24, wherein said implant engaging portion includes at least one projection on a distal end of said shaft positioned between a pair of opposite fingers extending distally from said shaft.